

SECTION
SERVICES

SUBJECT
Peer Support Services

DEFINITION

Peer Support Services are provided by a Certified Peer Support Specialist to promote empowerment, self-determination, and positive coping skills through mentoring and other activities that assist a person with severe disabling mental illness to achieve their goals for personal wellness and recovery.

Peer Support Services are multifaceted and include activities such as self-advocacy, psycho-social education, support of meaningful activities of the individual's choosing, crisis management, effective use of mental health services, connection to resources and activities that promote recovery, and linkage and coordination with community supports and providers. The activities provided by Peer Support Services promote the development and enhancement of positive coping skills, facilitate the use of natural resources and community supports, and enhance recovery oriented elements such as hope and self-efficacy.

Peer Support Specialists have lived experience with mental illness and mental health services, are self-identified and well-grounded in their recovery process, and have completed a Peer Certification Course approved by the Department.

Peer support specialists work under the direction of an approved Medicaid HCBS provider agency. The services are coordinated within the context of a comprehensive, Person-Centered Recovery Plan that includes specific individualized goals and delineates activities intended to achieve the identified goals. The peer support specialist must be supervised by a licensed mental health professional and with whom they meet on a monthly basis or more often as needed to review an individual's wellness and progress toward the goals identified in the PCR. Peer Support Specialists are required to provide documentation of progress to the CMT and meet monthly with CMT and CPOs.

For those peer support individuals who are self-employed, they must obtain clinical supervision. The peer supporter is responsible for the cost of the clinical supervision that is incurred due to the peer support services.

Peer support services may not be provided to an individual who is in need of active mental health treatment such as inpatient mental health crisis services. Peer Support Specialists will assist members who may be experiencing an increase in mental health symptoms or is in crisis with accessing appropriate mental health crisis services. Peer support services will be limited to 10 units per week unless approved by CPO.

SDMI HCBS 730
Department of Public Health and Human Services
MENTAL HEALTH SERVICES BUREAU

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Peer Support Specialists

REQUIREMENTS

Peer support specialists who provide services to individuals on the SDMI HCBS waiver must complete a minimum of 30 hours of peer support training. The peer support training curriculum must be approved by the Department. Certified Peer Support Specialists are required to have 10 hours of continuing education annually.

Core Competencies of the peer support specialist include, but are not limited to:

- Effective use of lived experience to support an individual's recovery journey
- Listening skills and cultural competence
- HIPAA, Confidentiality and mandatory reporting
- Effective written and verbal communication skills
- Mentoring individuals who are in recovery
- Planning for crises prevention and recovery, including assistance with WRAP plans
- Development and use of natural supports
- Advocacy across and within systems (education, health, public benefits, behavioral health, etc.)
- Documentation, evaluation, and achieving outcomes
- Knowledge and practice of ethical boundaries, and
- Strong networking skills

PAYMENT TO LEGALLY RESPONSIBLE INDIVIDUALS

Payment for this service may be made to legally responsible individuals if program criteria are met.